



 **100%**
HEALTH SCORE

Quinoa Pilaf with Salmon and Asparagus

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups asparagus fresh
- 2 tablespoons butter
- 0.5 cup chicken broth
- 0.5 cup grape tomatoes halved
- 0.3 cup spring onion sliced
- 1 teaspoon lemon pepper
- 1 cup peas sweet frozen thawed (from 1-lb bag)
- 1 cup quinoa uncooked

- 1 lb salmon fillet
- 1 vegetable cube
- 6 cups water

Equipment

- frying pan
- sauce pan
- sieve
- slotted spoon

Directions

- Rinse quinoa thoroughly by placing in a fine-mesh strainer and holding under cold running water until water runs clear; drain well.
- In 2-quart saucepan, heat 2 cups of the water to boiling over high heat.
- Add quinoa; reduce heat to low. Cover; simmer 10 to 12 minutes or until water is absorbed.
- Meanwhile, in 12-inch skillet, heat remaining 4 cups water and bouillon cube to boiling over high heat.
- Add salmon, skin side up; reduce heat to low. Cover; simmer 10 to 12 minutes or until fish flakes easily with fork.
- Remove with slotted spoon to plate; let cool. Discard water.
- Remove skin from salmon; break into large pieces.
- Meanwhile, rinse and dry skillet. Melt butter in skillet over medium heat.
- Add asparagus; cook 5 minutes, stirring frequently. Stir in onions; cook 1 minute, stirring frequently. Stir in peas, tomatoes and broth; cook 1 minute.
- Gently stir quinoa, salmon, lemon-pepper seasoning and dill weed into asparagus mixture. Cover; cook about 2 minutes or until thoroughly heated.

Nutrition Facts



PROTEIN 30.85% FAT 34.12% CARBS 35.03%

Properties

Glycemic Index:44.58, Glycemic Load:2.13, Inflammation Score:-9, Nutrition Score:35.747391286104%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 422.29kcal (21.11%), Fat: 16.01g (24.63%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 30g (10.91%), Sugar: 4.15g (4.61%), Cholesterol: 62.96mg (20.99%), Sodium: 419.94mg (18.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.57g (65.14%), Selenium: 47.38µg (67.68%), Vitamin B6: 1.28mg (63.88%), Manganese: 1.25mg (62.26%), Vitamin B12: 3.62µg (60.32%), Vitamin B3: 11.19mg (55.94%), Phosphorus: 505.37mg (50.54%), Vitamin K: 52.09µg (49.61%), Vitamin B2: 0.74mg (43.4%), Folate: 171.9µg (42.98%), Vitamin B1: 0.62mg (41.28%), Copper: 0.81mg (40.43%), Magnesium: 146.16mg (36.54%), Potassium: 1094.98mg (31.29%), Iron: 5.03mg (27.93%), Fiber: 6.98g (27.92%), Vitamin C: 21.99mg (26.66%), Vitamin A: 1306.31IU (26.13%), Vitamin B5: 2.47mg (24.73%), Zinc: 2.97mg (19.82%), Vitamin E: 2.21mg (14.73%), Calcium: 81.22mg (8.12%)